



# How Do I Empower my Patients to Perform PD Autonomously?

A Belfast Experience

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North Channel

Antrim Mts.

Sperrin Mts.

# NORTHERN-IRELAND

Belfast

Londonderry

Coleraine

Ballymoney

Larne

Strabane

Ballymena

Antrim

Carrickfergus

Omagh

Bangor

Dungannon

Lisburn

Enniskillen

Portadown

Armagh

Downpatrick

Newry



# OBJECTIVES FOR DISCUSSION

## AIMS

- ▶ SHARE experience and knowledge.
- ▶ Gain a better understanding of the PD training process.
- ▶ To be enthused to actively promote PD and Shared Care.



# The Belfast Team

- ▶ PD introduced and started in late 1970's and 1980's CAPD and IPD
- ▶ Currently 4 members of staff
- ▶ Across Northern Ireland there are 81 patients on APD 1/3 using the Assisted Service
- ▶ In Belfast we have 23 of these patients 13 of them are Assisted Belfast staff provide an on call service for all 81 patients
- ▶ Generally an older cohort of patients due to Belfast's Transplant Programme



# PATIENT JOURNEY IN BCH

- Introduction to patient starts at Low Clearance clinic.
- Home Assessments.
- Post PD Catheter insertion.
- Planning and implement their PD training usually 2 -3 weeks post insertion.



# THE BELFAST PROGRAMME

- A well respected and established training program- used widely across N.I.
- Procedures and protocols - Designed based around the latest ISPD guidelines.
- Day 1 – Hand hygiene/infection control – CAPD
- Day 2 – APD demo and practice.
- Day 3 – APD theory, troubleshooting and Peritonitis protocols.
- Day 4 – Quick PET – reviewed by Pharmacist, Dietitian and Dr-Create Prescription.
- Day 5 & 6 – Continue training in Home Setting.
- Day 7 – Initial night on APD with Nurse supervision.



# THE NURSE EDUCATOR

- Important - Have confidence in own knowledge to deliver PD education.
- Set out daily plan for patient- Goal setting.
- Mindful of each individuals learning abilities.
- Using the correct learning tools for each patient.
- Continuous positive feedback and revisiting their knowledge.
- Completing the competency workbook with patient.
- Using these tools leads to the patient feeling empowered- 'I can do this'.

# ENABLING PATIENT ACTIVATION

## THE FOUR LEVELS OF PATIENT ACTIVATION<sup>1</sup>

<b>LEVEL 4</b>	Individuals have adopted many of the behaviours needed to support their health but may not be able to maintain them in the face of life stressors.	MAINTAINING BEHAVIOURS AND PUSHING FURTHER <i>"I'm my own advocate"</i>
<b>LEVEL 3</b>	Individuals appear to be taking action but may still lack the confidence and skill to support their behaviours	TAKING ACTION <i>"I'm part of my healthcare team"</i>
<b>LEVEL 2</b>	Individuals may lack the knowledge and confidence to manage their health	BECOMING AWARE BUT STILL STRUGGLING <i>"I could be doing more"</i>
<b>LEVEL 1</b>	Individuals tend to be passive and feel overwhelmed by managing their own health. They may not understand their role in the care process	DISENGAGED AND OVERWHELMED <i>"My doctor is in charge of my health"</i>



1. Hibbard J, Gilbert H. Supporting people to manage their health: An introduction to patient activation. Kings Fund 2014. Available online [https://www.kingsfund.org.uk/sites/default/files/field/field\\_publication\\_file/supporting-people-manage-health-patient-activation-may14.pdf](https://www.kingsfund.org.uk/sites/default/files/field/field_publication_file/supporting-people-manage-health-patient-activation-may14.pdf)



# THE PATIENT

- Every patient is individual – no two people backgrounds are the same.
- Chronic illness.
- Cognitive / Sensory barriers.
- Low Literacy.
- Family /Assisted program.
- Holistic package.



# Summary

- As an experienced practitioner this my personal experience and an overview of what we do in Belfast.
- Not set in Stone – must be able to adapt own situation.
- Ultimate goal - Patient must safely perform procedures at Home, recognise contamination and infection. Have the ability to know how to respond appropriately.



“Tell Me, and I will forget.  
Show me, and I may  
remember. Involve me, and  
I will understand.”

Confucius, Circa, 450BC.